WHAT ABOUT MY EXPERIENCES DO YOU NEED TO KNOW?

MY STORY MATTERS

SAME
DIFFERENT
VALID
IMPORTANT

A worksheet for helping others understand me with compassion, curiosity, and support.

Do not judge my behavior — try to understand what my experiences may be communicating.

1 Things people might misunderstand about me

Sometimes others may not see the full story. What do you wish they knew?

2 What helps me feel safe

List people, routines, spaces, tools, or words that help you feel safe and supported.

3 What can make things harder

What situations, stressors, changes, or triggers can make things feel more difficult?

4 When I feel overwhelmed, you may notice...

What behaviors, emotions, or body signals might show up when you are stressed or overloaded?

5 Helpful ways to respond

How can others support you in a way that feels respectful, calming, and helpful?

6 What I want others to remember about me

Finish this thought: Even when I am struggling, I want you to remember that I...

I AM STILL ME

SUPPORT CAN LOOK LIKE:

- ☐ Calm voice
- ☐ Choice
- ☐ Predictability
- ☐ Breaks
- ☐ Patience
- ☐ Connection
- ☐ Clear expectations
- ☐ Compassion

MY MESSAGE

1. One thing I want someone to understand about me:

2. One thing that helps me most when I'm having a hard time:

Understanding creates connection.
Compassion helps people feel safe.